

This September marks the 25th annual celebration of *National Recovery Month* (*Recovery Month*), an observance that increases awareness and understanding of mental and substance use disorders. This year's theme, "*Join the Voices for Recovery: Speak Up, Reach Out*," encourages people to openly discuss mental and substance use disorders and the reality of recovery. It aims to foster public understanding and acceptance of behavioral health conditions.

In 2014, Recovery Month will:

- Spread the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders;
- Educate Americans about how people in recovery can achieve healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities;
- Guide youth and young adults, policymakers, first responders, and faith-based leaders in providing support and encouraging people to find their own path of recovery; and
- Celebrate people in long-term recovery and recognize the dedication of prevention, treatment, and recovery support providers.

Materials will be available in 2014 through the *Recovery Month* website: http://www.recoverymonth.gov.

Please contact the Substance Abuse and Mental Health Services Administration (SAMHSA) http://www.samhsa.gov at 240-276-2750 for more details.

SMA-14-4839



This year's *Recovery Month* observance will include:

- A toolkit for event organizers and attendees, featuring media templates; current data on behavioral health conditions; resources for prevention, treatment, and recovery support services; and tips to assist in event planning and community outreach, available at http://www.recoverymonth.gov;
- SAMHSA-produced television and radio public services announcements (PSAs) and the Road to Recovery television and radio series, at http://www.recoverymonth.gov/-Multimedia.aspx;
- A Recovery Month website and accompanying social networking websites, including Facebook (http://www.facebook.com/RecoveryMonth), Twitter (http://www.twitter.com/RecoveryMonth), and YouTube (http://www.youtube.com/user/RecoveryMonth); and widgets to add to a website or Facebook page to showcase events and inspirational quotes, available at http://recoverymonth.gov/Multimedia/Widgets-Landing-Page.aspx;
- Opportunities to make a Pledge for Recovery, located on the Facebook page (https://www.facebook.com/RecoveryMonth), and to share personal examples of recovery on the *Recovery Month* website at http://recoverymonth.gov/Voices-for-Recovery/Share-Your-Story.aspx;
- Recovery Month e-cards, which can be customized to give everyone an opportunity to thank, congratulate, or offer support, available at http://www.recoverymonth.gov/Home/ECards/-ChooseDesign.aspx;
- A national *Recovery Month* kickoff in Washington, D.C., and more than 1,000 national, local, and community events held throughout the country and online, celebrating people in recovery from mental and/or substance use disorders, as well as their support systems and prevention, treatment, and recovery providers; and
- A commemorative poster and brochure.